February 2026

Optalis Health and Rehabilitation of Grosse Pointe Woods

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Daily Chronicles **IR** 11:00 Coffee and Donuts and Devotional TV **AR** 1:00 Matinee **AR** 6:30 Card Club (RR) **AR** Tu B'Shevat Begins	**2** 9:00 Daily Chronicles **IR** 10:30 Stretch and Meditate **AR** 11:00 Groundhog Trivia **AR** 2:00 Puzzle Club **AR** 6:30 Adult Coloring (RR) **AR** Groundhog Day	**3** 9:00 Daily Chronicles **IR** 10:30 Cardio Boxing **AR** 11:00 Winter Olympics Trivia **AR** 2:00 BINGO **AR** 6:30 Card Club (RR) **AR**	**4** 9:00 Daily Chronicles **IR** 10:30 Chair Aerobics **AR** 2:00 Karaoke **AR** 6:30 Puzzle Club (RR) **AR**	**5** 9:00 Daily Chronicles **IR** 10:30 Movin' & Groovin' **AR** 2:00 Horror Movie Club **AR**	**6** 9:00 Daily Chronicles **IR** 10:30 Theraband Exercise **AR** 2:00 Movie and Popcorn **AR** 6:30 Card Club (RR) **AR**	**7** 10:00 Daily Chronicles **IR** 11:00 Movin' and Groovin' **AR** 1:00 Spa Day **AR**
8 10:00 Daily Chronicles **IR** 11:00 Coffee and Donuts and Devotional TV **AR** 1:00 Matinee **AR** 6:30 Superbowl LX Viewing on NBC/Peacock (RR) **AR**	**9** 9:00 Daily Chronicles **IR** 10:30 Stretch and Meditate **AR** 11:00 Valentine Trivia **AR** 2:00 Puzzle Club **AR** 6:30 Adult Coloring (RR) **AR**	**10** 9:00 Daily Chronicles **IR** 10:30 Cardio Boxing **AR** 11:00 February Modern Trivia **AR** 2:00 BINGO **AR** 6:30 Card Club (RR) **AR**	**11** 9:00 Daily Chronicles **IR** 10:30 Chair Aerobics **AR** 2:00 Valentine Craft **AR** 6:30 Puzzle Club (RR) **AR**	**12** 9:00 Daily Chronicles **IR** 10:30 Movin' & Groovin' **AR** 2:00 Card Club **AR**	**13** 9:00 Daily Chronicles **IR** 10:30 Guided Meditation **AR** 2:00 Movie and Popcorn **AR** 6:30 Word Games (RR) **AR**	**14** 10:00 Daily Chronicles **IR** 11:00 Movin' and Groovin' **AR** 1:00 Spa Day **AR** Valentine's Day
15 10:00 Daily Chronicles **IR** 11:00 Coffee and Donuts and Devotional TV **AR** 1:00 Matinee **AR** 6:30 Card Club (RR) **AR**	**16** 9:00 Daily Chronicles **IR** 10:30 Stretch and Meditate **AR** 11:00 President's Day Trivia **AR** 2:00 Resident Council **AR** 6:30 Adult Coloring (RR) **AR** Presidents' Day (U.S.)	**17** 9:00 Daily Chronicles **IR** 10:30 Cardio Boxing **AR** 11:00 Mardi Gras Trivia **AR** 2:00 BINGO **AR** 6:30 Card Club (RR) **AR** Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	**18** 9:00 Daily Chronicles **IR** 10:30 Chair Aerobics **AR** 2:00 Black History Month: Motown Music with Faye Bradford	**19** 9:00 Daily Chronicles **IR** 10:30 Movin' & Groovin' **AR** 2:00 Horror Movie Club **AR**	**20** 9:00 Daily Chronicles **IR** 10:30 Theraband Exercise **AR** 2:00 Movie and Popcorn **AR** 6:30 Card Club (RR) **AR**	**21** 10:00 Daily Chronicles **IR** 11:00 Movin' and Groovin' **AR** 1:00 Worship Service **AR**
22 10:00 Daily Chronicles **IR** 11:00 Coffee and Donuts and Devotional TV **AR** 1:00 Matinee **AR** 6:30 Card Club (RR) **AR**	**23** 9:00 Daily Chronicles **IR** 10:30 Stretch and Meditate **AR** 11:00 Black History Trivia **AR** 2:00 Puzzle Club **AR** 6:30 Adult Coloring (RR) **AR**	**24** 9:00 Daily Chronicles **IR** 10:30 Cardio Boxing **AR** 11:00 February Modern Trivia **AR** 2:00 BINGO **AR** 6:30 Card Club (RR) **AR**	**25** 9:00 Daily Chronicles **IR** 10:30 Chair Aerobics **AR** 2:00 Karaoke AR 6:30 Puzzle Club (RR) **AR**	**26** 9:00 Daily Chronicles **IR** 10:30 Movin' & Groovin' **AR** 2:00 Card Club **AR**	**27** 9:00 Daily Chronicles **IR** 10:30 Guided Meditation **AR** 2:00 Movie and Popcorn **AR** 6:30 Word Games (RR) **AR**	**28** 10:00 Daily Chronicles **IR** 11:00 Movin' and Groovin' **AR** 1:00 Spa Day **AR**

Activities and Times Subject to Change: AR= Activity Room, 1DR= First Floor Dining Room, 2DR= 2nd Floor Dining Room, RR= Resident Ran, IR= In Room